



## OPERATION IRAQI FREEDOM



**SAFETY  
ALERT**



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### Things to remember:

- Research before buying
- Obtain information from reliable sources
- Be wary of articles in magazines that might be paid advertisements
- Read the label
- Avoid products that do not include dosage recommendations, lot numbers or expiration date
- Take only the recommended dosage. Remember, there are no current regulations that govern the serving size or amount of ingredients in a supplement
- Beware of phrases like “miracle cure” & “latest breakthrough”
- Make health care providers aware of supplement use, especially if taking medications
- Avoid supplements during pregnancy
- Choose supplements that are manufactured by large or well-known companies
- Keep in mind that reporting side effects of a product by the manufacturer is voluntary